

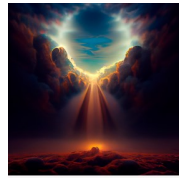


June 2023

VOL. XXVI Issue 2

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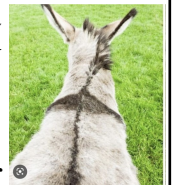


The Preamble to the Zion Celebration of Resurrection Sunday

~by Deacon Mary Kemp~



The Rising Mount Zion Baptist Church observed Holy Week, a week of more fervent prayer, study, and repentance, that commenced on **Palm Sunday**, April 2. Pastor Cooper chose to employ *Matthew 21:1-3* as his pivotal scripture and entitled his sermon, "Run Tell That." He emphasized the correlation between the four gospels, *Matthew, Mark, Luke, John*, and how each of the authors wrote about the *Preaching, Power, Persecution* and *Passion* of Jesus Christ. In the four gospels, Jesus' desire is to *Do His Father's Will* and *Fulfill the Prophecy*. Purposefully, He rode into Jerusalem on a donkey--a symbol of peace/humbleness and the only animal with the symbol of a cross on its back, and to give, the body of believers, peace. We glorify Jesus Christ who died on the Cross, offering *His Blood* for the forgiveness of our sins. Each congregant received a palm as he left the sanctuary and was asked to wave it and say, "Ride on King Jesus." It was heartwarming to see so many persons smiling and following directions! *When Jesus Rides in, something has to Ride out!*



If serving is below you,
then leadership is
beyond you!

~Anonymous

Now that I, your Lord
and Teacher, have
washed your feet, you
also should wash one
another's feet.

John 13:14 NIV



Maundy Thursday commemorates the *Last Supper* and a *Day of Prayer*. **Good Friday**, April 7, was hosted by the First African Baptist Church – Senior Pastor, Dr. Rodney Waller. Seven guest ministers were invited to give a seven-minute sermonette on the seven last words Jesus spoke before His crucifixion. Pastor

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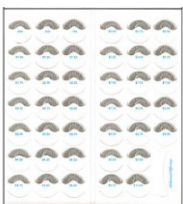
Cooper was the third minister, utilizing the key scripture reading, *John 19:25*, and entitling his sermonette, “Woman, Behold Thy Son.” Pastor emphasized that in this periscope, the deity of Jesus is both divine and human and He is cognizant of all our needs. With clarity, Pastor identified three poignant facts: 1) Jesus met the needs. 2) Faith matured. 3) There is power inside a Dying Man. Jesus gave hope—Good Friday was dark, gloomy, but early Sunday morning...!!!



Prior to the 10:00 a.m. hour on **Resurrection Sunday**, April 9, Zion parishioners arrived early to choose their place in the sanctuary, get ready for a blessed, meaningful, and inspiring Communion/Resurrection Sunday worship service, and to welcome six more persons to our church family via the Right Hand of Fellowship.

After a prelude of the gospel song, No Greater Love, Pastor greeted the huge crowd, offered a powerful, thought-provoking Invocation, chose his basic scripture, *Matthew 28:6*, and entitled his sermon, “Truth Is”. Strategically, Pastor Cooper prompted the mindset of the audience by beginning his sermon using a familiar metaphor that instantly brought to mind that some people don’t like to tell the truth and others who don’t like to hear the truth! Ironically, when the women went to look at the tomb, God had dispersed an angel that greeted them saying, “*Do not be afraid. He is not here; He has risen, just as He said. Go tell His disciples to go to Galilee to see Jesus.*” Meanwhile, some of the guards rushed to tell the chief priests everything that took place. The priests met with the elders, devised a fake plan to protect the guards from the truth, and offered a large sum of money to the soldiers who agreed to say that Jesus’ disciples came during the night and stole Him while they were asleep. In all Jesus’ statements, He said, “*I am who I say I am!*” Believers know that Jesus is the “Real Thing;” He can be trusted with all things, and via His sovereign sacrifices, He conquered our sins, death, the grave and Satan! Hallelujah He has risen; and because He lives, we can face tomorrow...

In conclusion of the well-received sermon, a special prayer of gratitude was offered for all monies donated earlier, online, or placed on the altar in-person through the 40-day Lenten season gleaners; the Right Hand of Fellowship extended, the sacraments of Communion offered, and the Benediction brought the glory of the Lord to a gracious, blessed and honorable season/day!





My Beloved Zion Family,

Impacted from infancy by strong spiritual development, I greet you, my Zion family and friends, in the name of my Lord and Savior Jesus Christ who daily orders my steps in His Will, His Way, and His Word! It is my belief that an unyielding spiritual heritage is a precious gift that many of us inherited from a parent, grandparent, or other. No doubt, their positive influences showed up in modeling our sincere faith and served as a foundation for a lasting spiritual legacy. So now, as adults and future adults those encouragements continue to be remembered and developed in every aspect of our maturing life. You see Zion, faith and commitment is the core of the gospel and through the Word of Truth can bring unlimited changes and evidence of God's faithfulness, goodness, and greatness. As you peruse my message, think about and thank God for the person who has had a significant inspiration on your religious growth. Then return the favor to bless someone else!

Throughout my Calling, it is my intention to preach and teach the power of God's Word and transform the lives of His people based on scriptures, love, and integrity. This is the reason why in all things, it is essential for each of us to "Build on the Solid Rock, build the Right Way, and build on God's Indestructible Word!" Although the Spirit of God doesn't exempt the righteous from trials, when we study, know, and live the Word, we can better overcome the tribulations of life and ultimately become a better people. With God's ever-present help and His divine guidance through His chosen ones, believers are able to count on Jesus Christ and confidently adapt to a new beginning and a changing culture by faith in a Changeless Christ.

Transforming your lifestyle can be the genesis of your blessing as God directs your paths to achieve His purpose for your life. Yet the journey ahead can only begin with profound awareness of our need to move forward with a personal relationship with God. Repent, resist wickedness, and watch the love and joy of knowing the Lord turn things around, allowing you to praise God in your suffering, have peace in your daily living where chaos once lived, tear down hostile walls of hatred and replace them with love, forgive others as God forgives us, and serve with gladness! Give continuous glory to God who is our Savior, our Strength, and our Sustainer! When we begin to value real faith, real love and real joy, our Omniscient God guides us into paths of peace and wholeness through the power of His Holy Spirit and allow His presence to rule in our hearts and minds. May God grant all of us His peace, strength, and wisdom to direct our way of life!

Now that the traditional school year is near its end, as followers of Christ, we have an "awoke" responsibility to help shape the faith of our children and not allow them to idly spend the summer as foolish masters of their own time. If this is allowed, not only is it a waste of valuable time, energy and knowledge, but also we are inevitably inviting serious trouble. You see, Zion, undisciplined and ill-behaved children certainly won't expand their academic growth or spiritual and social development in a positive way which will, no doubt, lead them to a path of heartache, distress, violence, incarceration, and even death. Adults of faith must sow seeds of the peace of Christ Jesus, live a lifestyle so that children see the "JESUS" in us, plan and help them fill their minds with fruit-bearing activities, the Word of God, and things of substance that enable them to continue to learn, grow, love, forgive, serve, and know that there are consequences in the choices they make. Daily, we see, hear and read about damaged families and a broken society. Therefore, let us work to create a community of love, hope and peace by rebuilding our neighborhoods, embracing our diversity, and learning to trust our all-knowing God. In other words, **"WE NEED TO BE THE CHURCH AND DO THE RIGHT THING!"**

Be blessed,

Barney D. Cooper III



EASTER BONNETS: SEARCH PUZZLE

Find the words listed below. They can be found in a straight line horizontally, vertically or diagonally and be read forward or backward.

T	H	E	E	P	O	T	E	B	E	R	E	T	H	C
S	A	R	O	D	E	F	O	G	C	E	H	A	T	C
O	T	E	A	N	R	R	L	A	T	T	C	M	A	X
M	U	T	N	H	S	E	L	A	T	A	O	O	H	C
B	R	O	I	A	N	A	T	S	G	O	L	S	A	O
R	B	E	L	G	S	N	E	O	R	B	C	H	R	M
E	A	I	A	H	P	P	O	U	P	Y	N	A	E	B
R	N	R	A	S	G	A	M	A	N	A	P	N	P	S
O	R	K	Y	A	R	C	C	E	N	P	C	T	O	K
Y	O	Y	B	S	U	B	D	L	I	K	K	E	P	I
I	C	N	L	D	B	O	O	L	L	P	M	R	E	M
O	I	S	I	T	B	M	L	W	R	U	K	E	U	M
S	R	E	R	M	M	B	B	L	L	E	K	R	Q	E
S	T	E	T	S	O	N	Y	B	R	E	D	S	O	R
S	G	O	D	X	H	H	S	O	O	B	R	A	T	P

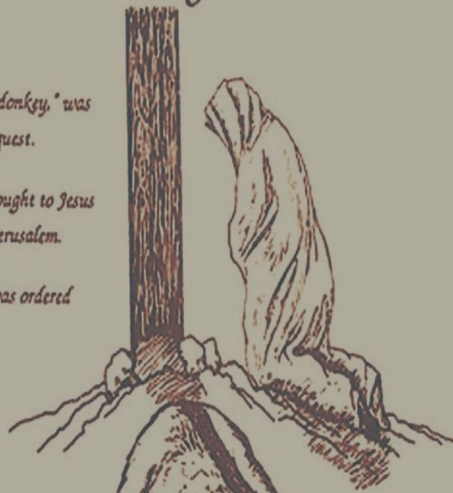
BEANY	BERET	BOATER	BONNET	BORSALINO	BOWLER	BUSBY
CALASH	CAPOTE	CLOCHE	COXCOMB	DERBY	FEDORA	GLENGARRY
HOMBBURG	KEPI	MOBCAP	OPERA HAT	PANAMA	PILLBOX	PORKPIE
SHAKO	SKIMMER	SKULLCAP	SOMBRERO	STETSON	TAM O SHANTER	
TARBOOSH	TOPEE	TOQUE	TRICORN	TRILBY	TURBAN	

The Donkey's Cross

'Bring me the colt of a donkey,' was the Master's request.

A young donkey was brought to Jesus to carry Him into Jerusalem.

A week later Jesus was ordered crucified.



The little donkey so loved the Lord that he wanted to help Him carry the cross.

Share

Save

But alas, he was pushed away.

The sad little donkey waited to say goodbye until nearly all had left.

As he turned to leave, the shadow of the cross fell upon his back and shoulders.

And there it has remained, a tribute to the loyalty and love of the humblest of God's creatures.



Donkey's Cross by Mary Singer

Vi

THE STORY OF EASTER: SEARCH PUZZLE

Find the words listed below. They can be found in a straight line, horizontally, vertically, and be read forward or backward.

J E S R U
T S S I A
S I D S J
E T O E E
R H E N S
R A I A L R E P P U S T S A L
M T S E H A E R E S S U A R R
E C G C T I O S S O R C D N A
N N D B E T R A T A L T U H E
A L I F S N R O H T E H J E W
H S O R B
S E I S T
E A L O I
L E M L N
P B V D E
I S I I N
C M E E Y
S W I R L
I L A S L
D M I V E

ANGEL	ARREST	ASCENSION
BETRAYAL	CROSS	DISCIPLES
JESUS	JUDAS	LAST SUPPER
MARY	RISEN	SOLDIERS
THORNS	TOMB	TRIAL

Women's HISTORY MONTH



AMELIA EARHART



HELEN KELLER

Stand for something or you will fall for anything. Today's mighty oak is yesterday's nut that held its ground.

- Rosa Parks



SUSAN B. ANTHONY

I had rather make history than write it.

- Susan B. Anthony



ROSA PARKS

No one can make you feel inferior without your consent.

-Eleanor Roosevelt

Alone we can do so little, together we can do so much.

- Helen Keller



ELEANOR ROOSEVELT

Don't follow the path. Go where there is no path and begin the trail.

- Ruby Bridges



SALLY RIDE

But what do dreams know of boundaries?

- Amelia Earhart



HARRIET TUBMAN

I had reasoned this out in my mind; there was one of two things I had a right to, liberty or death; if I could not have one, I would have the other.

- Harriet Tubman



RUBY BRIDGES

All adventures, especially into new territory, are scary.

- Sally Ride

The Henrico Ministers' Conference & Vicinity Holds County-Wide Revival

The Rising Mount Zion Baptist Church and its Pastor, the Rev. Dr. Roscoe D. Cooper III hosted the Henrico Ministers' Conference & Vicinity County-Wide Revival on Monday and Tuesday evenings, April 17 – 18. Zion's Mass Choir, directed by Amber Hughes and accompanied by its musicians provided the music, and a great number of Zion ushers readily served. The Rev. Zynora D. Manson, President of the Henrico Ministers' Conference & Vicinity and Associate Minister – Seven Pines Baptist Church greeted the audience each night. Also, a plethora of HMCV clergy and guest clergy ministered or served as participants on the program. On Monday night, the Rev. Tyrone Nelson, Pastor of the sixth Mt. Zion Baptist Church and the Varina District Supervisor, and the host Pastor, the Rev. Dr. Roscoe Cooper III and the Fairfield District School Board representative, were the duo spiritual messengers of the evening.

Rev. Nelson delivered the first sermon, utilizing the scriptural reading, *Genesis 48:17-19*, and naming his sermon, *God Knows What God Is Doing*. His focal points were: 1) God will always bless the right person even if He has to cross His hands to do so. 2) Can you praise God for the blessing you receive although you and others may think you deserve the gift someone else has received? 3) God knows our destiny; and everybody's destiny is not the same. 4) Trust God and keep your faith deeply anchored in the Lord. 5) Thank God for the blessing you receive.



After a brief prayer, **Pastor Cooper** immediately chose his pivotal scripture, *1 Kings 19:4*, and entitled his Word from God, "Enough Is Enough." Pastor painted the state of Elijah who had been zealous for the Lord God. Because the Israelites had rejected the Lord's covenant, torn down the His altars, and killed the prophets, and being the only one left, Elijah ran for his life because he was afraid, exhausted, and ready to throw in the towel--to give up. When he came to a broom bush, he sat down under it and prayed that he might die because he was brain-fatigued and had had enough of the encounters with the Israelites. He fell asleep under the bush and was awoken twice by an angel of the Lord who told him to "Get up and eat." He ate and was strengthened by the food and drink that had been providentially placed by his head. When you stand up for God, there'll always be challenges. Nonetheless, believers must be obedient and faithful to God and not discount the value of what you have because with God on your side, you plus God is always ENOUGH!!!



Well, the final night of revival had arrived but with it came regret and exuberance! The Goochland Chapter GMWA & Friends provided the music and the Zion ushers served. **Dr. John W. Kenney**, the powerhouse Pastor of the Ebenezer Baptist Church-Beaverdam, Virginia, was the solo minister of the hour. After a warm greeting, Dr. Kenney chose his principal scripture, *Matthew 28:11-15* and entitled his sermon, "Sitting on a Throne of Lies." Centuries later, the lie still lives. Yet, believers don't believe—non-believers accept it! Just as in modern times, the truth gets twisted because it preserves position, purpose, power, and privilege. People believe the message that didn't come from God; and they'll join the movement that supports the lie because they are benefitting. When they are threatened by the truth, they'll weaponize and vilify the truth, and the truth is never told. People fail to tell the truth because they may be crucified like Jesus. Dr. Kenney declared that people don't tell the truth about Black people. He dared us to "stop the lie" that *verse 17* refutes! JESUS SHOWED-UP! If we are going to refute the lie, SHOW-UP, GIVE EVIDENCE that refutes every lie being told! The TRUTH will set you FREE! We, the body of believers, heard the truth—JESUS IS ALIVE—HE HAS RISEN!



*Go tell that and offer evidence that demonstrates the presence of the Holy Spirit in our living!
Our spirits were totally filled with the peace and the powerful WORD OF GOD!!!*

Spratley Allen Missionary Circle

By Sister Valorie McBee

When HE saw the crowds, HE had compassion for them, because they were harassed and helpless, like sheep without a shepherd. Then HE said to HIS disciples, “The harvest is plentiful but the laborers are few; therefore ask the Lord of the harvest to send out laborers into HIS harvest.” Matthew 9:36-38 (NRSV)

The Baptist General Convention Hybrid Mega Ministries and Youth Retreat were held March 31–April 1, at the Sheraton Waterside in Norfolk, VA. It was the most blessed event that included outstanding leadership by the President, the Rev. Milton Palmer Bunting, and the Executive Minister, Dr. Leo Whitaker. Additionally, other leaders, speakers, youth ministries, worshippers, as well as attendees, including vendors, authors and healthcare workers were present. God was certainly in the midst of all the worship services, including prayers, scriptural readings, musical selections, and powerful preaching. It was also a blessing to listen and learn from informative speakers during each Ministry Impact Session.

Different sessions were held for clergy, men, women, and youth; and allowing everyone to come together for panel discussions such as the Intergenerational Ministry that featured a 17-year-old who was a Sunday school teacher. In addition, the Rev. Tamela Wise, Pastor of Macedonia Baptist Church-Eastern Shore preached using the topic, **I’m Not Going Back and I’m Not Going Down for the Enemy**. Several of the other ministers who preached and/or added comments, remarks and introductions were the Rev. Joseph Fleming, Rev. Dr. Ricardo Brown, Rev. Gloria Brickhouse, Rev. Dr. Danielle Brown, and our very own President of the Women’s Ministry, Rev. Dr. Margaret Delk Edney.

Presenters for the Women’s Ministry Session were the Rev. Dr. Rebecca Branch-Griffin, Former Director of Health and Counseling Services, Virginia State University and the Rev. Dr. Patricia Gould-Champ, Founder and Pastor of Faith Community Baptist Church, Richmond, VA.

The Rev. Dr. Branch-Griffin spoke on the subject, **Women – Self Care** that referenced the cliché “put on your mask first.” She strongly suggested that we live a life with less stress by allowing God to bring order into our life and to live a more peaceful lifestyle. We should pray often, read the Bible, meditate, eat a balanced diet, get plenty of rest and take me-time. Dr. Patricia Gould-Champ is the author of The Gospel According to Cancer, a most inspiring book and down to earth account of her journey with cancer. Dr. Gould-Champ spoke on the topic, **Rethinking What We Do - Women’s Ministry Needs** that includes relationship, sexuality, emotional intelligence, mental health, financial freedom and empowerment. Her presentation also included **Ministry that Transforms Lives**; the first and most important step to achieve this goal in ministry is to conduct surveys to determine the needs of those we are put forth to serve.

The Spratley Allen missionaries, by God’s grace, are continuing to send get well and sympathy cards, but most importantly, praying for one another and those who are sick, bereaved or anyone in need of prayer or an inspiring word. Gift cards and/or monetary donations and supplies are also distributed to those in need.

*Praise be to the Lord, to God our Savior, who daily bears our burdens.
Psalm 68:19 (NIV)*





Sick, Shut-in & Bereaved Families

...the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans. Romans 8:26 NIV

Our Heavenly Father never takes His eyes off His children. Therefore, refresh your thinking by studying the Word of God; renew your spirit by spending time in prayer and meditation. Have confident faith that the Holy Spirit will guide you to discover a new purpose, a new energy and a new joy in your life. While we can't prevent trials, headaches, or loss, we can find hope and comfort in the reality that Christ Jesus is alive in the world and in each of us because He is the Light of the World and can bring glimmers of hope to show His glory when we are sad or confused! Pastor Cooper and the Zion family love, support, embrace, and pray for you as you adjust to the physical separation of your loved one.

- ◆ **Brother David Wayne Bryson (Sister Glyndolynn Woodards)** mourns his mother, *Sister Shirley L. Bryson*.
- ◆ **Sister Joyce A. Johnson, Sister Barbara Battle, Sister LaVerne Williams, and Sister Endya Boshier** mourn her grandson, their nephew, and her cousin, *Brother Wasi M. Kemp* of Atlanta, Georgia.
- ◆ **Sister Vylonda Derricott (Brother Danté)** mourns her father, *Brother Lorenza Harris*.
- ◆ **Sister Michelle Gray** mourns her aunt, *Sister Virginia Woodson*.
- ◆ *Sister Yhonna B. Minor, Sister Vivian Minor, and Sister Ervine Brown* mourn her husband, son, and son-in-law, respectively, **Brother Timothy (Tim) S.T. Minor**.
- ◆ **Brother Donte Jones** mourns his mother, *Sister Donna Cox*.
- ◆ **Sister Barbara Garrett Moffett (Brother Fred)** mourns her uncle, *Brother Elbert Wilkins* of Philadelphia PA.
- ◆ **Sister Patricia Johnson and Brother Craig Johnson** mourn their mother, **Sister Rachel "Virginia" Johnson**.
- ◆ **Sister Veronica Jackson (Brother Bernard), Sister Quiana Jackson, Brother Ki-Jhon Jackson-Bonner, and Sister Dominiek Jackson-Bonner** mourn their aunt, *Sister Lucy Allison* of Bronx NY.
- ◆ **Sister Corliss Freda Johnson (Brother Matthew)** mourns her mother, **Sister Grace M. Jones**.
- ◆ **Brother Oliver Wilson** mourns his sister, **Sister Donna Gills**.
- ◆ **Sister Ruth Hill and Brother Preston Hill, and Gregory Hill and Janice Hill** mourn their daughter and their sister, **Sister Patricia R. Hill**.
- ◆ **Sister Barbara Garrett Moffett (Brother Fred)** mourns her aunt, *Sister Lucinda Battle (98)* of Enfield, North Carolina.



The Consequences of Dangerous Driving

Information researched on Google and from the AAA Magazine

Since more drivers are on the roadways than ever before, it is essential that all drivers use every precaution possible to avoid adding to the already increasing roadway traffic accidents. All schools will soon be out for the summer, a situation that may increase the number of drivers on the highway, especially younger drivers. It should be noted that it's not just the younger drivers who are causing accidents, and too often fatal ones, on the roadways. ALL drivers are responsible! Parents, teachers, and other adults must set good example for younger drivers, encourage and expect safe-driving, and respect other drivers.

A survey by the AAA Foundation for Traffic safety showed that dangerous driving behaviors rose in 2022, escalating the risk to everyone on the roadways. The National Highway Traffic Safety Administration (NHTSA) estimated that there were almost 43,000 traffic fatalities due to motor-vehicle traffic crashes in 2021, an increase of more than 10 percent from the year before. According to NHTSA, dangerous driving behaviors such as speeding, alcohol impairment, and non-use of seatbelts account for a considerable proportion of the rise in deaths. The report mirrors the foundation findings.

To help protect everyone who shares the roadways, motorists are urged to keep the following safety tips foremost in mind:

- **Eliminate phone distractions.** Stow your smartphone away, turn it to airplane mode, or activate call/text blocking features like Apple's Do Not Disturb.
- **Slow down.** Drivers tend to overestimate the time saved by speeding. Remember that excessive speed could result in the loss of life or a lifetime disability.
- **Stay alert.** Stop driving if you become tired because you can fall asleep at any time. Fatigue impacts reaction time, judgment and vision.
- **Drive sober.** If you consume marijuana or alcohol, don't drive. If you are taking potentially impairing prescription medications, discuss with your doctor or pharmacist how best to stay safe and healthy behind the wheel.
- **Buckle your seatbelt for every ride.** It does not matter where in the vehicle you are seated: a properly worn seatbelt is the most effective way to survive a traffic crash.
- **Move over for cyclists and pedestrians on the roadways.** If there are no bike lanes on the road ways, drivers should move over at least three feet. If another vehicle is approaching driving on a two-lane roadway going in the opposite direction, stop and allow the vehicle to pass, and go safely around the cyclist or pedestrian.
- **Merge onto traffic correctly.** There's a science to emerging in traffic that is supposed to stream organically. Take your turn when it arrives and proceed slowly.
- **Turn on your lights.** When driving in the dark, turn on your lights. Remember the rule – **WIPERS ON- LIGHTS ON!**

AVOID THE FOLLOWING BAD DRIVING HABITS:

Don't cut cars off. Although it may be tempting to weave in and out of traffic to make progress if you are stuck behind a slow driver when you are late for work or an appointment, don't risk the chance.

- 1. Don't disregard traffic signs.** Stop signs are meant for drivers to stop fully and yield to other road users when they come to a "yield" sign. Don't go around or pass a-stopped school buses loading or unloading students or risk beating a train when the gate is coming down or already down.
- 2. Don't accelerate on yellow.** Don't speed up as you approach the lights if you see green switch to yellow or yellow becoming red. It can cause a horrendous accident in the intersection for you and the green-lighted driver coming from the opposite direction. Or, you may risk getting a traffic ticket.
- 3. Don't ignore blind spots.** Blind spots are dangerous but failing to check them can cause a serious accident. Before signaling to change lanes, always check your side mirror and glance over your shoulder in case there's a vehicle hiding in the blind spot of your mirror.
- 4. Don't rubber neck.** Slowing down to look at a crash can be unsafe. Keep your eyes on the road ahead and look out for closed lanes, obstacles on the road, emergency vehicles or police directing traffic
- 5. Don't drive with worn tires.** You may be able to drive with bald tires in dry weather but worn tires won't give you the grip you need on wet roads and could cause your car to hydroplane. Let the pros rebalance your tires and tell you when you need new ones.
- 6. Don't park illegally.** No matter how scarce parking spots are, avoid parking in bus stops, disabled-only spaces, red zones, or double-park. Parking illegally can put others in a dangerous situation and garner you an expensive ticket.
- 7. Secure loose cargo properly.** Rolling objects can get stuck under the pedals making them inoperable, which can be deadly. Piled up equipment or boxes on the back seat can block your rear-view vision. Loose heavy or sharp items loaded on the top of your vehicle can turn into projectiles if not secured properly; you have to brake suddenly or get involved in an accident.

Make a commitment to correct any bad driving habits you have and get behind the wheel with confidence, knowing you are a good and careful driver!



The Love of a Mother

By Sheila C. Price

*A Tribute to my own mother, the late Violet L. C. Powell;
my other mothers: Mrs. Laura P. Cunningham and Mrs.
Geraldine B. Price, my sisters, aunts and all who love with a
mother's heart*

The true heart of a mother is most tender and giving.
The love she exudes tends to make life seem worth living.

A mother is God's precious gift to the children that she bears.
Her unique gifts and talents with whom she is equipped
naturally to share.

She bore you with passion and pain and gave you your earthly
start.
No matter what you say or do, she loves you with all her heart.

She sacrifices worldly goods to ensure that her children fare.
And even during ungrateful pouts she demonstrates kindly care.

She tells you when you're right, admonishes you when you're
wrong.
But when you are the weakest, you can count on her to be
strong.

She is the one most always, to whom you know you can go,
With heavy heart and sorrows and threatening tears to let flow.

She shares your hopes and desires and prays for your very soul.
She cares more than anyone that you strive to achieve your
goals.

She guides you into adulthood and holds your hands awhile,
For when you reach maturity she smiles with utmost pride.

Mothers are a very special lot. They are beloved and revered.
They are God's guardian angels to the children He blessed
them to rear.

*The RMZ VOICE Newsletter staff sincerely thanks and
appreciates the unmatched talents that Editor, Sheila C. Price,
contributes to the newsletter and the indelible job she does in
the above tribute. Her meaningful expressions are certainly
ones that can be repeated time and time again to every special
woman who has birthed, loved, and guided us, and/or touched
our lives in such a profound and sincere
way! May all worthy females be blessed
with love, respect, attention, valued
worth and favor of our Almighty God
that you so richly deserve!*

Thank You &

HAPPY
Mother's
DAY



ONE FLAW IN WOMEN

~unknown

Women have strengths that amaze men...
They bear hardships and they carry burdens,
but they hold happiness, love and joy.
They smile when they want to scream.
They sing when they want to cry.
They cry when they are happy and laugh when
they are nervous.
They fight for what they believe in.
They stand up to injustice.
They don't take "no" for an answer when they
believe there is a better solution.
They go without so their family can have.
They go to the doctor with a frightened friend.
They love unconditionally.
They cry when their children excel and cheer
when their friends get awards.
They are happy when they hear about a birth
or wedding.
Their hearts break when a friend dies.
They grieve at the loss of a family member, yet
they are strong when they think there is no
strength left.
They know that a hug and a kiss can heal a
broken heart.
Women come in all shapes, sizes and colors.
They'll drive, fly, walk, run or e-mail you to
show how much they care about you.
The heart of a woman is what makes the world
keep turning.
They bring joy, hope and love.
They have compassion and ideas.
They give moral support to their family and
friends.
Women have vital things to say and everything
to give.

**HOWEVER, IF THERE IS ONE FLAW
IN WOMEN,
IT IS THAT THEY FORGET THEIR
WORTH!**

THANK YOU FOR BEING YOU
I LOVE YOU!!!





The Difference between MEMORIAL Day & VETERANS Day

Researched by Deacon Mary Kemp

On both Memorial Day and Veterans Day, it's customary to spend time remembering and honoring the countless veterans who have served the United States throughout the country's history. However, there's a distinction between the two holidays.

- **Memorial Day** commemorates the men and women who **died** while serving in the United States Armed Forces, particularly those who died in battle or as a result of wounds sustained in battle. In other words, the purpose of Memorial Day is to memorialize the veterans who made the **ultimate sacrifice** for their country.
- Some veterans find it dismaying when they are thanked on this day. It's a time remembering those who lost their lives and could not come home.
- Perhaps, we can support and safeguard their grieving families and loved ones who are left behind, as well as reflecting on why we, the living, have luxury and freedom that we enjoy today.
- Memorial Day is observed on the **last Monday of May**. This year Memorial Day was observed on **May 29**.
- **Veterans Day** is the day set aside to thank and honor **ALL** who served in the United States Armed Forces in wartime and peacetime---regardless of whether they died or survived.
- Veterans Day is always observed officially on **November 11**, regardless of the day of the week on which it falls.

FLYING OLD GLORY

- Flag etiquette on Memorial Day is unique. At sunrise, flags are to be raised to full staff briskly, then lowered to half-staff position where they remain until noon.
- Traditionally, on Memorial Day (U.S.), veterans often place small American flags on each grave site at national cemeteries. A national moment of remembrance takes place at 3:00 p.m. local time.

Each Memorial Day, in partnership with the Veterans of Foreign Wars, Post 10654, Scoutmaster Harold Sayles and the RMZ Boy Scout Troop 525 volunteer to place flags on grave sites in the Forest Lawn Cemetery in Richmond, Virginia.



Health Matters

By Cheryl Jordan-Sayles, MD



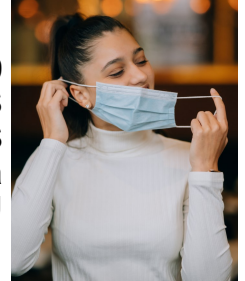
Mask-Wearing Data

Many believers and non-believers alike may have heard on Friday May 5, 2023 that the World Health Organization (WHO) released a statement that COVID19 no longer qualifies as a global emergency, marking a symbolic end to the devastating coronavirus pandemic. Previous to this release President Biden had announced in January 2023 that the COVID19 National Public Health Emergency Declaration would expire on May 11, 2023 which has provided coverage, cost and payment for Covid 19 testing, treatment and vaccines, and outlined other regulatory provisions made in response to the Covid 19 crisis.

It has been more than three years since the WHO had initially declared Covid19 an international crisis causing our society to be shut down for months. The United States saw the deadliest outbreak of all countries in the world where more than one million people have died as a result of this virus.

The downgrade by the WHO comes about now due to the pandemic being on a downward trend over the past year with a decrease in covid related illness and covid associated hospital admissions and deaths. The COVID death rate has slowed from a peak of more than 100,000 persons per week in January 2021 to just over 3500 persons in the week of April 24, 2023. This decline is reflective of widespread vaccinations, the availability of better testing and treatment and a level of immunity in the population from prior infections.

Based on the WHO statement and the current downward trend with the Covid19 numbers, MASKS will be OPTIONAL during SUNDAY WORSHIP SERVICES and ALL OTHER ACTIVITIES HELD ON THE RMZ CHURCH CAMPUS EFFECTIVE MAY 14, 2023. Persons may still feel free to choose to wear a mask if they so desire. PLEASE REMEMBER IF YOU ARE SICK OR IF YOU TEST POSITIVE FOR COVID19 TO JOIN US **ONLINE OR ON FACEBOOK**.



Over the past three years, our church has effectively implemented the guidelines that were recommended by the CDC during the peak of this pandemic. The masks requirements, hand sanitizer stations, and the sanctuary being sanitized with an appropriate mist-spray after each service were just some of the ways the church kept up with the recommendations. Some of these safety measures will continue to be available such as the sanitizer stations; and the RMZ custodians will continue to sanitize areas within the church frequented by people. This decision will be re-visited in a couple of months. We, the Zion body of believers, are grateful to God that we are now able to come to this milestone where we can readily transition from these requirements. Thank you to our members and friends for your patience and your diligence in following our protocols during these pandemic months.

THE BATTLE IS NOT OVER!

Be mindful that infectious disease experts believe that no one should take this to mean that this virus is gone or is no longer a problem. Covid19 virus will still be a significant concern for the health care system. For persons who are considered to be high risk based on medical conditions, over the age of 65 or have an immunocompromised condition, masks should still be worn for protection.



SPOTLIGHT ON.....

The Honorable Hakeem Sekou Jeffries

By Deborah S. Andrews



The *Honorable Hakeem Jeffries* of the Eighth Congressional District of New York is the Democratic Leader of the United States House of Representatives, having been unanimously elected to that position by his colleagues in November 2022. In that capacity, he is the highest-ranking Democrat in the House of Representatives and the first Black lawmaker to lead a Congressional Party. His first official speech as House Minority Leader was remarkable. Though given in the wee hours of the morning, the congressman captivated his audience in the chamber and online with a clever and unique alphabetical iteration of Democratic Party values.

According to the congressman, “The political process is rough and tumble by definition, and being grounded in faith in a Higher Power has proven helpful in navigating the difficult terrain.” He describes his political brand as a reasonable, common-sense, tough, get-stuff-done Democrat. Diplomatically, he acknowledges that his upbringing and career choices formed the foundation for his center-left political identity, heightened sensitivity to racial and pocketbook issues and exceedingly deliberative approach. Among his colleagues in Congress, Congressman Jeffries is known as a calm and self-disciplined operator. Under his leadership House Democrats will endeavor to work in a bipartisan fashion where possible and stand up to extremism from the other side of the aisle wherever and whenever necessary.

Representative Jeffries is the former Chair of the Democratic Caucus, Whip of the Congressional Black Caucus and co-chair of the Democratic Policy and Communications Committee where he helped develop the **For The People** agenda. In Congress, Mr. Jeffries is a tireless champion for social and economic justice. He has worked diligently to help citizens recover from the devastation of the COVID-19 pandemic, reform our criminal justice system, improve the economy for everyday Americans and protect our healthcare from right-wing attacks. Furthermore, he has been instrumental in House Democratic efforts to put people over politics by lowering costs, creating better-paying jobs and fighting for safer communities. Leader Jeffries and his party have passed legislation supporting the agenda including the American Rescue Plan, the Infrastructure Investment and Jobs Act, the Bipartisan Safer Communities Act, the CHIPS and Science Act and the Inflation Reduction Act. In addition to this great work, Representative Jeffries was one of seven House Impeachment Managers for the first Senate trial that indicted the former President of the United States, and was the first African American man to serve in that capacity. Like House Minority Leader Hakeem Jeffries, the Democrats in the House of Representatives understand that the “D” in Democrat stands for DELIVER, and they are determined to always do the right thing in the interests of the American people!

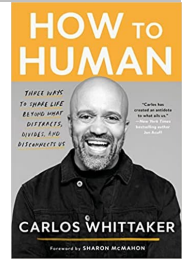
“I’m a Black progressive Democrat concerned with addressing racial and social and economic injustice with the fierce urgency of now. That’s been my career; that’s been my journey, and it will continue to be as I move forward for however long I have an opportunity to serve.” Hakeem Jeffries



How to Human

Three Ways to Share Life Beyond What Distracts, Divides, and Disconnects Us
By Carlos Whittaker

Overview by Sheila Cunningham Price



The author introduces us to the text by relaying an incident that occurred when he was young. He and his mother were at a barber shop at a shopping mall in Decatur, Georgia. While in the midst of having his smooth Afro groomed, a commotion ensued outside the window of the shop. Unbeknownst to them at the time, it involved an attempted child abduction. The barber dropped his trimmers immediately and ran, along with others, to assist the mother in pursuit of the perpetrator. Those in pursuit were successful in thwarting the abduction, thankfully. The premise of this example was that the people around immediately reacted to the imminent threat at hand. They didn't have a meeting or a conference to decide how to proceed. They didn't stop to think if the mother and her child were like them, looked like them, talked, voted or worshiped like them. They came together to do the right thing in the moment. They ran and caught up to and retrieved the child that was in danger. This is what humans were created to do; to instinctively help others, to band together, to reach out for the betterment of humankind. We each possess the desire to do good, although we might find that hard to believe about some within our midst. Those we wonder about have that innate desire within them as well.

We are all created in the image of God. However, it seems that the year 2020 has "jacked up" our sense of humanity as a result of the Covid 19 pandemic, isolation, ugly politics and protests. Consequently, it may require a reset or recalibration to get back to who we once were or who we are meant to be. Many of us may have gotten off course and are having difficulty finding our equilibrium. We must figure out what is required to get back on the paths we were detoured away from. We must get back to standing together in difficult times to assist our fellow humans whenever necessary.

The author tells us that it must begin with us. We must **Be, See and Free**. We must strive to come alive, back to what God intended us to become. God calls for us to be human; to come from under the buried traumas, trials and triggers derived from years of being surrounded by people who look like us, think like us, talk like us. We need to get back to who we were before the opinions, ideals of others and life events shaped us and changed us from who we were meant to be. Many of us have allowed the vicissitudes of life to change us from the original version of ourselves. Our stress, fear, pain and divisiveness may have distracted us from our paths and the purpose that God preordained for us. We must reclaim our inner compass and regain our bearings, for in the midst of the recent, continuous turmoil of our times, along with our own busyness, we have forgotten how to be. Only when we can discover/rediscover who we are, will we be able to serve other people.

Be you is what we are told. When we know who we are and where we came from, we can better equip ourselves for where we are going, for what lies await in our futures. If we discover what brings us joy, we can come alive and cultivate the kind of life we were intended to live.

Be love. We must love one another as Christ loves us and as He commands in John 15:12. We should show love to others in simple ways, which will enhance their faith in humanity and ours as well.

Be compassion. Show others *empathy*, as well as *sympathy*, when there is a need for it. Empathy will resonate deeply with one who is suffering grief or misfortune. "Everyone needs compassion, a love that's never failing." The purest compassion streams from persons enduring pain and/or hardship in their own lives who have the capacity to extend compassion to others. True compassion is evident when it can be felt without judgment outside of the confines of our inner circles, to others with different beliefs and lifestyles.

Be justice. Jesus and justice go hand in hand. Jesus walked the earth for the purpose of all lives. He was indiscriminate in His fight for justice for *all* people. Jesus spoke truth and stood up for the marginalized people over and over. We are also called to use our "justice muscle" to help build bridges for those who are in need of advocacy and support.

Be wonder. It is suggested that we return to a simpler way of life. Although technology has added much convenience, ease and speed in many aspects, we have lost the sense of wonder and exploration. If we slow down, notice the beauty and wonders of nature, we may find that God's Speed feels so much more human.

See humans. All of us are desperate to be seen for who we are and what we are. To see someone does not mean we have to agree with them, but hopefully, we can begin to care about them. We may be able to see others not just with our eyes, but also with our heads and through our souls. We may then establish a measure of clarity.

See bias. We should recognize that it exists in others and also in ourselves. Although we cannot call the bias out of ourselves, we must confront it. There are times when our bias does not match our reality. Ideally, when we get to know others through shared experiences, we may begin to eradicate some of the bias we feel. We may begin to see people for who they are, rather than who we believe them to be. Negative bias toward us may also be diminished.

See closer. The closer we become involved with others, to know them better, the more clarity we might find for the specific bias they project. Seeing others clearly is not always easy, but it is what is required to course-correct humanity.

See to serve. Jesus came that He might serve others and we are expected to do likewise. We can do so by monetary or other donations, helping to feed the hungry and volunteering our skills and talents.

See clearly. We should attempt to close the gap with those we desire relationship with. Try to make time for meaningful exchange or contact. We should seek opportunities to be near to others.

See journeys. Like Jesus, we can see the ugliness, the struggles, the bad decisions of the people in our lives and still look at them as human. We can walk with these people and offer them a semblance of grace, letting them know they are seen. Our seeing them may be freeing, prompting them to self-correct and heal.

Free human. The author suggests that we should find others who need help in discovering freedom. Some of the unrest in our society is the result of humans feeling imprisoned by invisibility. Rioters, looters and insurrectionists are expressing the language of the unheard. So as humans we need to find ways to help others find freedom before they make devastating decisions that affect the masses. We must use our influences to help others heal. It will require a **revival** of humanity, humans being, seeing and freeing. When we can have a discussion and realize that listening to an opposing point of view does not diminish our own viewpoint, it may lead to freedom for all involved in the conversation. Listening may allow for a degree of compromise.

Free loneliness. We should allow the compassion inside of us to touch others; to get close enough to free someone from loneliness, suffering and bondage. We should touch their stories, up close and personal and help to heal them.

Free life. If we do small deeds of kindness to lift others' spirits, we may prompt freedom for them and in the process, free ourselves.

Free me. We cannot possibly free others until we find freedom for ourselves. We can begin by reaching out to someone whom we may have been at odds with to try to breathe life into them and seek to see a situation as they do.

Free indeed. We may not always know how to achieve the freedom we seek. It can be elusive.

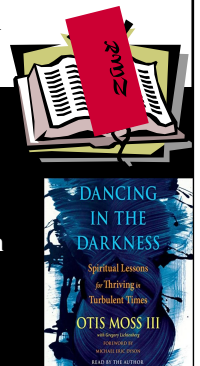
Free extravagantly. When we give extravagantly, we free more rapidly. Finding it in our guts to give as much as we can, we risk ourselves to rescue others.

Free empathy. It is important that we get better at feeling *with* others, as well as feeling *for* them. We need to share with others in their pain, with honest connection. We should listen more, to understand in more human ways. That is how we human. We see humans, we strive to free humans by being human—**BE, SEE and FREE.**

Suggested Reading

**“Dancing In The Darkness:
Spiritual Lessons for Thriving in
Turbulent Times ”**

By
Otis Moss III



FATHERHOOD



The VOICE staff believes that too often, fathers seem to be overshadowed by the love shown to mothers. So this year, the members of the staff want to emphasize the love and great things fathers do also. Therefore, listed below are descriptive paragraphs written referencing the influence his/her father had on his/her life. They appear in the order they were received.

I grew up in Washington, DC in the 1940's. My childhood had ups and downs like any other childhood. But, my father, William E. Kemp, Sr., taught me that my name and my word are my bond. He was the first person to teach me the three R's---to be *Reasonable*, to be *Respectful*, and to be *Responsible*, and the importance of being honest, hardworking, a good provider, and a mindset not to become a part of the "crowd." We enjoyed fishing, hunting, traveling, picnicking, camping in our back yard, repairing cars, and attending church and supporting me and my brothers as we participated in its youth activities. My relationship with my father taught me how to be a man, have wisdom to pass on to my sons, and how to instruct and support them in their positive and respectable activities. God and His teachings have always been a part of my life which taught me to develop a good relationship with Him and others. My experiences with both my earthly father and Heavenly Father have molded me into the person that I am today. Therefore, I believe that I am the person I suppose to be; who is kind, loving, respectful, godly, helpful, and willing to readily share my talents and knowledge with others. I love and miss my Dad.

William E. Kemp, Jr.

*Honor your father and your mother, so that you may live long in the land the Lord your God is giving you.
Exodus 20:12*

As Father's Day draws close, I often think about the impact my father has had on my life. He is one of eight siblings who grew up on a farm in Powhatan County, Virginia. He taught me the importance of family and to never forget your roots. My relationship with my father has greatly influenced my life, career choices, and how I react to and treat others. He has shown me patience, kindness, understanding, and has constantly provided me support when needed. His encouraging words have helped me handle my relationships with others and better manage my own feelings. I often listen to his opinions, process them, and then make a final determination. My relationship with my Heavenly Father has helped me develop empathy, compassion, and respect for others. My hope is that all people will use their beliefs to develop a framework for a better future for all. I thank God for my earthly father and the personal and loving relationship we can still cherish ...

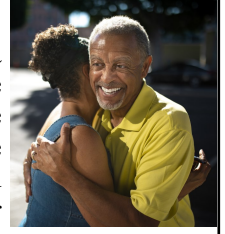


Kimberly M. Brown



My Dad is a very nice person. He helps me with my school work and takes me to soccer and basketball practices. He shows me that he loves me and I love him. My relationship with my Dad teaches me to be nice and to love my family and friends. I appreciate my Dad the way he is; and I am thankful to God, my Heavenly Father.

*Omari McBee
10 years old – Fifth Grade*



My relationship with my daddy, Arnold Lampley, was one of love and adoration. My daddy was a kind man who always thought of others rather than himself. He was selfless versus selfish. He never talked about persons or downed a person. Now we were not rich monetarily but we were wealthy with knowledge of God and His blessings. I was his only child; however, I was not the only person he assisted. He helped my grandmother when she was sick, both financially and emotionally. He was a caring man and did anything he could do for anyone he met. I remember when Western Union was on 7th Street because he often went there to send money to someone in need. Also, I learned to hang and finish sheetrock from my daddy. Sometimes, I smile to myself because he forgot I was a girl but I enjoyed the experience and the trade is still handy today. This was also a time when I was just hanging with my daddy. The relationship I had with my daddy allowed me to become a loving, kind, and generous person. I love my children and people up close and personal until I am shown something different, then I love them from afar. My Lord God made a difference because He loves me even with all my flaws and forgives me more than I forgive myself. If I could change anything about my relationship with my Lord God, I would have told more people about Him prior to being saved. As for my earthly father, I would have hugged him more. He was not a big hugger but I knew that above everything else, I was loved! The greatest of these is LOVE!

Gloria Cunningham

*Celebrating the **DIVINE FATHER'S** Day*

~by Deacon Mary Kemp~

Though my father and mother forsake me, the LORD will receive me. Psalm 27:10 NIV

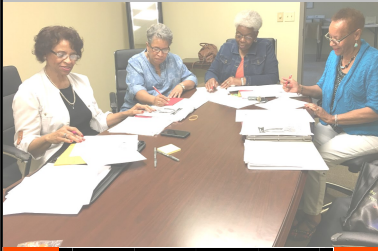
Whether your relationship with your biological or adoptive mother/father has been great, loving, and respectful, or perhaps it has been one of strained or no connection at all, it may have a momentous impact on the person you are today. Having had an affectionate relationship with a parent allows you to show love, kind deeds, and enjoyable moments with him/her and others. On the other hand, you may struggle to show compassion to someone who has rejected, abandoned or neglected you.

Although you may strive to do the right thing as you searched for that special card, performed a physical deed, or expressed your love through your unspoken actions, you probably struggled or found it to be difficult to do these things for people with whom you don't have that so-called good relationship. If you are a person or you know a person who is wrestling with what to do, realize that there's only one perfect father/mother---our Divine Heavenly Father – *Psalm 27:10!* Thank Him for affirming only He can be a perfect Father, ask Him to strengthen your relationship with your earthly parent, seek a deeper intimacy with your Heavenly Father, and show confidence in God's presence, power and protection in your life.

Even if we enjoy good relationships or not-so-good relationships, be assured of God's unconditional acceptance and His goodness. Our Heavenly Father gives us help through the Holy Spirit to persevere in trust and dependence on Him—*Wait for the LORD; be strong and take heart and wait for the Lord (v. 14)*. Thus, when we experience problematic relationships on earth in which persons may hurt us, fall short of our expectations or disappoint us, we must remember that we are totally loved and protected by our Divine Father. We can always be assured that our Perfect Heavenly Father will never let us down, leave us, or stop loving us for His love is the greatest love we can ever experience!

The truth of the matter is that the love of good parents is imperfect because none on earth is perfect. Besides, they or none of us would not have the freedom to keep growing or improving; nor would there be a need for a Perfect God or have the opportunity to work toward earning His perfect Agape Love. In this lifetime, we will always be a work in progress as we acknowledge that we have failed to obey God's commandments--*imperfection*, forgive others--*imperfection*, or treat each other with compassion—*imperfection!* But, thank God, for His forgiveness and His faithful love for us that triumph over our failures, allow us not to have the burden of relying on ourselves, but instead be able to rely constantly and humbly on the goodness and greatness of the LORD! *Psalm 145:9* reminds us that God's love for us is without limits and favoritism; it always endures and never fails! **HIS LOVE IS IMMUTABLE!!!**

Activity Page



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THE CRUCIFIXION: SEARCH PUZZLE

Find the words listed below. They can be found in a straight line horizontally, vertically or diagonally and be read forward or backward.

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